

# My Health Matters!

## 2014-15 Wellness Campaign

(September 2, 2014 — April, 30, 2015)



Activity	Timeframe	Incentive
<p><b>Biometric Screening and online Health Assessment</b> Each employee that completes blood work/biometrics and an online Health Assessment through Blue Shield or Kaiser Permanente's website will be eligible for an incentive. <b>Both activities MUST be completed to be eligible to receive an incentive.</b></p> <p><b>Blue Shield Members:</b> Visit the My Health Matters! web pages to view a listing of Blue Shield Biometric Event Dates &amp; Times.</p> <ul style="list-style-type: none"> <li>You may also visit your Personal Physician to complete your Biometrics. The <a href="#">Physician Fax Form</a> must be completed and turned into Summit Health.</li> </ul> <p><b>Kaiser Members:</b> To complete your Biometric Screening, take the <a href="#">Biometric Screening Request Form</a> to a Kaiser Permanente medical facility laboratory. Visit the My Health Matters! web pages to view a listing of Biometric Event Dates &amp; Times. Kaiser Permanente will be present to assist with Health Portal Registration.</p> <ul style="list-style-type: none"> <li>You may also visit your Personal Physician to complete your Biometrics. Your results will be automatically updated on the Kaiser reward site <a href="https://cosb.kphealthworks.org/">https://cosb.kphealthworks.org/</a> within seven days.</li> </ul>	September 2, 2014 – April 30, 2015	\$100 Reward Card
<p><b>Smoking Cessation Programs</b></p> <p><b>Blue Shield Members:</b> The County of San Bernardino is excited to offer the Quit For Life® Program, a tobacco cessation program.</p> <p><b>Kaiser Members:</b> Take the HealthMedia® Breathe® — an online program to help you quit smoking. Visit the My Health Matters! web pages for complete program details.</p>	<p>Blue Shield: All Year</p> <p>Kaiser: September 2, 2014 – March 31, 2015</p>	\$100 Reward Card
<p><b>Steps to Success Challenge(s)</b> Each employee that completes a Steps to Success challenge will earn a FitBit</p> <ul style="list-style-type: none"> <li>Individual Challenge – must complete all milestones within the challenge</li> <li>Group challenge – the group (as a whole) must complete the challenge. All members will receive a FitBit EXCEPT for those logging "0" steps.</li> </ul> <p><u>Note:</u> Participants will only be able to earn one FitBit in a lifetime.</p>	<p>All Year</p> <p>(Not limited to the Wellness Campaign Dates)</p>	FitBit

### For More Information:

Visit the My Health Matters!  
at

<http://www.sbcounty.gov/hr/Benefits/MyHlth.aspx>

or

<http://countyline.sbcounty.gov/hr/benefits/mywellness/>

Contact your Department **Wellness Advocate**. Check the My Health Matters! web pages to view the directory.

Contact the Employee Benefits and Services Division (EBSD) at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or via phone at 909-387-5787

**Note:** Only employees enrolled as subscribers in a County-sponsored medical plan are eligible to receive incentives and are subject to funding availability.